



DATE: 2/24

Format: Blitz

Focus: Total Body

Warm – Up/Mobility Protocol 7 Mins, 2x.

Reps	Exercise:
:30	Sprinters Rotation Stretch (R)
:30	Sprinters Rotation Stretch (L)
:30	Scapula Push Ups
:30	Ankle Grabbers
:30	ALT 90/90
:30	High Plank Toe Touch
:30	Shoulder 90/90

Exercise: 30-minute time cap. Complete as many rounds as possible. Increase weight if you're able to complete all the reps unbroken.

Reps	Exercise:	Starting Weight		
		L1	L2	L3
15	Shoulder Press	12	20	25
10	Pull Ups	-	-	-
8	Myo Pistol Squat	-	-	-
30	Calories on Bike	-	-	-
8	Chest Press on BOSU	15	25	35
8	Single Arm Dead Lift	15	25	35
8	ALT OTH Front Lunge	12	15	25